Calmness amidst Pandemics

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The Corona virus pandemic has brought so much loss to human life across the globe. The economy was put on halt causing millions of businesses to close thereby creating huge number of unemployment worldwide. The effect on public health and safety was unprecedented. Shortage of supply of necessities is happening everywhere. Governments are scrambling to their feet trying to manage and control the devastating effect on the economy and on the people. According to WHO (2020) nearly half of the world's 3.3 billion global workforce are at risk of losing their livelihoods.

The dreadful effects of this pandemic have pierced the human spirit and well-being. In this ongoing pandemic, pain is inevitable, but suffering is optional. Sometimes it is not the virus that kills us but our reaction to it.

This kind of catastrophe creates panic to people. When the stream of panic disturbs our mind and body, and transmits through our nerves, it is that faith in us that lead us to fight against that fear. If you compare both panic and calmness, both generate a state of mind and both are invisible emotions. Panic creates fear; while calmness creates the will to fight and survive. Which one should we choose? The one with a temporary nature or the one with long lasting nature?

When panic fills our senses, it makes us emotionally paralytic. It is generated in our minds and takes control of the entire body within a fraction of second. Movies, televisions, and other forms of media have depicted panic as people in chaos. However, according to Clarke (2002) in their fifty (50) years of gathering pieces of evidence and information they arrived at a conclusion: people rarely panic, at least in the usual sense that word is used. To quote Clarke (2002) "even when people feel "excessive fear", a sense of overwhelming doom, they usually avoid "injudicious efforts" and "chaos." They are unlikely to cause harm to others as they reach for safety and may even put their own lives at risk to help others".

Panic brings us only anxiety and awry. Take calmness instead of panic. According to *American Heritage® Dictionary of the English Language, Fifth Edition*. (2011) calmness means stillness or tranquility. During turbulent times such as the pandemic, people must stay healthy by embracing good coping mechanisms. In one of Aristotle's Four Cardinal Values, calmness is an integral part; others are temperance, sobriety, and meekness (Stedman 2011).

Try some recommendations when panic attacks:

- Try to distract yourself with the effects of music. Listening to a pleasant track, or to a moment of genuine quiet, can be an ideal buffer against panic. When you hear music, you fear no danger, you are invulnerable. You see no foe.
- Try techno calming techniques. Our 24/7 use of technology in every area of our lives can call for new methods of coping when panic attacked. It's just being constantly connected to

everything. You are just unable to switch off. You must make the technology your servant and not your master.

- Balls in the air: avoid multi-tasking when panic attacks. When you're overwhelmed, it can be tempting to try to tackle everything at once. Yet the research suggest that this approach is likely to make you feel more confused and less efficient: one task at a time is best.
- Lastly, from the Filipino Family Teampreneur: when panic attacks find refuge within your home, which is found inside your house.

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